perplexity

Triathlon Training & "Farmer Rick Shaw" Exercise Routine

Course: HercuLess II Bodybuilding – Tri-Set Focus

A **Tri-Set** is a grouped set of three exercises performed back-to-back with minimal rest, targeting either the same or complementary muscle groups. This routine is designed with a heavy strength focus.

Tri-Set Protocol

Exercise	Sets x Reps	Weight
Squat	3 x 3	777 lb.
Hyperextensions	3 x 3	111 lb.
Deadlifts	3 x 3	333 lb.

- **Squat:** Trains total lower body power, glutes, and quadriceps.
- **Hyperextensions:** Focuses on the posterior chain, specifically spinal erectors and glutes.
- **Deadlifts:** Engages full body, emphasizing lower back, hamstrings, and grip strength.

Numbers such as "875,125✓" and symbols may indicate personal records, milestones, or progression checkmarks.*

Integrating Bodybuilding, Faith & Martial Arts

Old Testament & Christ Jesus Inspiration

- Many strength programs integrate principles of discipline and perseverance inspired by biblical narratives, especially within faith-based communities.
- Referencing **Old Testament** and **Christ Jesus** suggests motivation drawn from faith and scriptural stories of endurance and resilience.

Martial Integration: Wing Chun & Wushu

- **Wing Chun** is a Chinese martial art emphasizing close-range combat, efficiency, and direct movements.
- **Wushu** is a broader term encompassing various modern Chinese martial arts characterized by fluid, athletic forms and striking techniques.
- Incorporating martial arts (as in your interests) with bodybuilding/powerlifting enhances agility, flexibility, and mental discipline, complementing raw strength training[1][2][3].

Combining Disciplines for Elite Performance

- Blending triathlon (endurance), powerlifting/bodybuilding (maximum strength), and martial arts (mobility, combat readiness) develops a well-rounded athlete prepared for diverse physical challenges[1].
- Training diversity prevents overuse injuries, encourages mental variety, and fosters holistic health.

Additional notes

- **Carolyn & Selena:** These may be training partners or specific motivational figures incorporated into the training context.
- The **Farmer Rick Shaw** exercise may be inspired by strongman "farmer's walk" variants or personalized conditioning.

Summary Table

Component	Focus
Tri-Set (Squat/Hyper/Deadlift)	Raw Strength, Posterior Chain
Faith Integration	Motivation, Discipline
Wing Chun/Wushu	Combat Skills, Flexibility
Triathlon Influence	Endurance, Overall Conditioning

By combining these elements, you advance not just muscular strength but also spiritual motivation, combat readiness, and resilience[1][2][3].

References:

- Enjoys combining bodybuilding, powerlifting, and martial arts for strength and muscle growth[1].
- Interested in bodybuilding techniques and competition prep, inspired by Arnold Schwarzenegger[2].
- Interested in martial arts, especially Ninjutsu and Gracie Jiujitsu, with a focus on Aiki Ninjutsu orange belt curriculum[3].

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1. sports.strength_training
2. sports.bodybuilding
3. sports.martial_arts